



**GIBSON**

*Chilled and Frozen*

*Dainties*

## ... Hints on Refrigerator Care

**R**EFRIGERATOR efficiency depends on maintaining good *air circulation* in and around food containers, and between dishes and cabinet walls. Paper bags, cartons and store wrappings impede air passage and bring unwanted germs into the food compartment. Do not put paper on shelves. Oiled paper on the "floor" of food chamber saves cleaning time if foods spill.

*Clean* food compartment after each defrosting. Use lukewarm solution of ordinary baking soda ( $\frac{1}{2}$  teaspoon to quart of water) to sweeten food compartment and remove any odors which, if present at all, are pronounced after defrosting. Wash and dry *walls, shelves, racks*, and interior and exterior of evaporator (cooling unit). Wash freezing trays and defrosting tray in hot suds. Do not use soap or soapy cloth on cabinet interior. Wipe off *porcelain cabinet* with clear warm water or weak soda solution, Bon Ami, or ammonia. Polish with dry cloth. Clean *lacquer* cabinets with Ivory soap and warm water or *powdered* Bon Ami and warm water. Rinse well with clear water. Wipe dry; polish with *clean* cloth. Wax or oily polishes may cause yellowing. *Open and close cabinet doors* by the latch handle. This prevents abrasion of cabinet by grease and perspiration oils. Do not use the hand repeatedly for closing cabinet door.

Wipe off rubber gasket occasionally with powdered Bon Ami and rinse well; dry with clean cloth. This re-

moves film or grease which might deteriorate the rubber.

### Correct Food Placement

*Milk, cream, buttermilk, beverages and meat broth or soup stock* are kept in bottle space provided. Wash bottles and caps in cold water; wipe after pouring contents. Do not leave milk or cream in open bottles or pitchers. The lid of fat protects broth or soup.

Use Chil-Tray for storing *fresh fish* (wrap in 2 thicknesses of parchment paper); steaks, chops, chicken for frying, etc. Wrap in wax paper. Saves shelf space when refrigerator is crowded.

Large cuts of raw meat, poultry, etc., are kept in the Chil-Tray or on first shelf below. Remove visible dirt; do not *wash* until just before cooking (this extracts juices and hastens spoilage). Cover with wax paper or keep in loosely covered dish. Wash *poultry* inside and out with cold water; drain, wipe and cover as meat.

*Custards, rice, scalloped or creamed dishes* rank next in perishability. Cover cooked foods to prevent drying out and odor absorption.

Refrigerator *doughs* are stored in next coldest place; also *waffle* or *pancake batter*. *Butter, lard, eggs*, and small fruit (lemons, plums, etc.), are put in wire dairy basket *uncovered*. Wrap thin-skin fruits in wax paper to prevent bruising (peaches, grapes, etc.).

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*Bananas* are not refrigerated; they require warmer temperature. Keep in cupboard. Pick over *berries*; do not wash until serving time. Ventilate them well. Wrap uncut *melons* in wax paper; place cut melons cut surface down on dish and wrap. Keep on upper shelves.

Wash and trim *salad greens*; keep in covered vegetable freshener without water, but let a little water cling to leaves. This care restores garden freshness to wilted vegetables in less than an hour. Wash *tomatoes*, *cucumbers*, *peppers*, etc., before placing in covered pan. *Asparagus*, *broccoli* and *Brussels sprouts* are not washed until before cooking. Medium or upper shelf for these foods because of high water content.

Keep *salad oils* on upper shelves to prevent cloudiness and possible curdling of mayonnaise.

Reserve the upper shelves for *smoked meats*, *smoked fish*, leftover canned fish; onions, cauliflower, melons, oranges, cheese (covered) and less perishable leftovers.

### Cube Trays

Leave frozen cubes in trays unless freezing or chilling desserts, salads, cocktails, etc. Unless cubes are used regularly, empty trays, wash and refill with *very cold* water twice weekly and *always after defrosting*. The slower cubes of water or carbonated beverages freeze, the more transparent they will be. For extra fast freezing, turn Temperature Control to fast freeze position.

Remove cubes by holding tray upside down under running water. This re-

leases cube grid; cubes are then removed—but only as many as are needed. Replace grid in tray and fill spaces with cold water, then freeze. When extra supply of cubes is needed (or when you need trays for desserts, etc), freeze quantity of cubes and store under chilling unit with controls not colder than No. 4.

### Decorated Ice Cubes

Add decorations to partially-frozen cubes (spaces just half-filled with water): sliced or whole red or green cherries; rubettes, emerallettes, small berries; a few capers; sprig of parsley, mint or cress (sometimes forced through a cherry slice); bits of orange or lemon rind, cucumber rind; sliced stuffed olive (for garnishing relish tray or fruit salad), etc. Add more water and freeze at normal speed if time permits. Add to plain or fancy beverages.

Freeze ginger ale, any colorful carbonated beverage, grape juice, etc. Allow bubbles to pass off by *not* using freshly-opened beverage. Decorate cubes or use plain in numerous combinations: *grape juice* cubes in fruit drinks, ginger ale, etc.; *ginger ale cubes* in grape juice, lemonade, fruit drinks and in *iced tea*; colorful beverage cubes in summer drinks.

Freeze strong infusion of *black tea* or *coffee* into cubes for the newer iced drinks instead of pouring hot beverage over cracked ice.

*Tint* your *cubes* for double cocktail service; pale green cubes enhance a tomato cocktail; pink cubes seafood cocktail or fruit cup. Artificial coloring or fruit juices are used gener-

## ... Hints on Refrigerator Care

ously as color will "freeze out" slightly.

Plain water cubes dilute the most delicious *punch*. Prepare extra quantity of punch; freeze into cubes or solid block; chill punch-bowl with this.

### *Important Time Savers*

Prepared in advance and stored in food chamber, these hints save hours when preparing meals or entertaining week-end guests.

*White sauce* for thickening soup, gravy, vegetables, etc.

*Tomato sauce* to serve with fish or chops.

*Cocktail juices* chilled and seasoned (clam, sauerkraut, tomato, etc.).

Bottled *syrops* for beverages.

*Sandwich spread* (commercial or home-made) for impromptu picnics.

*Sauces* for ice cream, cake, puddings, rice, custard, etc.

*Waffle* or pancake batter (tightly covered).

*Aspic jelly* for quick jellied meat, or vegetable loaves, etc.

*Meringue* (uncovered) preferably Honey Meringue.

*Refrigerator cookie dough* in long rolls covered with wax paper.

*Foundation dough* for quick hot rolls, muffins, etc.

*Pie pastry* rolled "pie size" stacked with wax paper between sheets and covered with oil paper for emergency pies.

*Hard sauce* or sauces for steamed winter puddings.

*Salad dressings*, various types.

### *Thrift Tricks*

*Cream* purchased in quarts instead of pints or less.

*Wilted vegetables* (at half price) washed, trimmed and made crispy in Vegetable Freshener.

*Quantity buying* at "special prices". Watch grocery and butcher ads.

*Large cans* of standard canned foods; served once, then held over for day or two, served again. You only pay for one container.

Buy large cuts of *meat*; cut off chops; roast the remainder.

*Large fowl* has little more waste than small ones.

Liquor from canned tomatoes used for tomato soup or cocktail; vegetable liquor basis for soups, gravy, etc.

*Baked rice* or puddings, unattractive if served again, are reheated in individual ramekins.

Two pounds of fresh fruit, vegetables, etc., cost slightly more than one pound at week-end "specials".

*Coffee cream*, several days old and chilled, can often be whipped.

*Evaporated milk*, scalded and chilled, substituted for whipping cream.

### *Defrosting*

Defrost the cooling unit when white frost incrustations are about  $\frac{3}{8}$ -inch thick—at least once a week or oftener in warm weather. Frost, permitted to remain too long, acts as an insulant, slowing up freezing and increasing cost of operation. To defrost, turn the Temperature Control to "Defrost" position and leave there until evaporator (cooling unit) is entirely

## Hints on Refrigerator Care . . .

free of frost or ice, both on top and bottom. Wipe the excess moisture from the evaporator, porcelain interior and wire shelves, and empty the defrosting tray. Then return Temperature Control to normal operating position.

### Frozen Dessert Technique

Use *standard* measuring utensils and recipes designed for electric refrigerators (not freezers).

Chill *all* ingredients to avoid "separating out". *Cool cooked mixtures* before folding in beaten cream.

Confectioner's sugar used for *uncooked* mixtures always.

*Corn syrup* substituted for  $\frac{1}{2}$  of sugar specified gives smoothness.

*Cream whipped* thin enough to pour (like custard)—not stiff. This prevents ice crystals.

Measure *sugar* very carefully; avoids coarseness and slow freezing.

*Fill trays* three-fourths full to allow for expansion and stirring contents without removing to bowl.

Crush *fruit* and *berries*; drain off excess juice; uncrushed fruits may freeze in *icy lumps*.

*Nut meats* are crushed or chopped fine.

Do not over freeze mixtures containing meat, fowl, fish or vegetables; have these ingredients flaked or minced.

*Salt* improves any frozen mixture.

*Ripening* or "mellowing" several hours, even overnight, develops better flavor in frozen foods. Cover tray with oiled paper if desserts are being kept over second day: prevents

accumulation of frost particles or crust formation on top of cream.

Add *coloring* matter before folding in whipped cream.

*Fast freezing instructions* are not repeated in recipe section. Always freeze desserts as follows unless recipe specifies otherwise:

Pour mixture into single-depth trays. These trays freeze quickest. Mixtures of thick consistency freeze fastest. Use of double-depth tray, while not objectionable, takes longer. Adjust temperature control to fast freeze position; when mixture is fairly stiff, reduce control to No. 4 or 5, or even lower, depending upon wanted degree of firmness. This fast freezing prevents crystallization which is apt to occur if controls are kept at normal.

*Stirring* is seldom required for heavy ice creams, although it could not help but improve texture of any cream. Loosen partly frozen material from sides and ends of tray and mix well, or remove to chilled bowl and mix with rotary beater, then finish freezing.

*Ices* and *sherberts* are stirred at least once while freezing. At this time, a stiffly beaten egg white may be folded in to make the mixture more fluffy.

*Evaporated milk* used for whipping is scalded in double boiler, chilled overnight and whipped, surrounded with ice cubes. Or, several cans (unopened) are boiled 10 minutes in kettle, then chilled for future whipping purposes. *Coffee cream* several days old and chilled can often be whipped.

Freezing is faster after defrosting.

# ... Chilled and Frozen Lainties

## FOR THE FIRST COURSE

### *Sea Food Cocktail Sauce*

$\frac{1}{2}$  teaspoon horseradish sauce  
12 drops Tobasco sauce  
1 tablespoon minced onion

3 tablespoons lemon juice  
2 tablespoons tomato catsup  
Few grains salt

Mix; chill; serve with oysters, clams, crab, lobster, shrimp, tuna, salmon, etc., mixed with flaked fish or in small glass for "half-shell". Keeps indefinitely prepared in quantity.

### *Frosted Melon Cup*

DICED canteloupe, water melon and "honey ball" melon around ginger ale ice or pineapple ice. *Variation:* Small balls of vari-colored melon; pour in ginger ale until melon absorbs no more. Garnish with fresh mint.

### *Pineapple Mint Cocktail*

CUT fresh pineapple in half lengthwise. Remove core; shred pulp by scraping down the center with stainless steel fork until the hull is reached. Mix shredded pineapple with broken after-dinner mints (12 mints for medium pineapple). Chill. Canned fruit may be used. Chill in freezing tray.

### *Jellied Soups*

PREPARE in advance; serve in chilled bouillon cups; season very highly; serve in cubes or whip with silver fork.

OXTAIL soup, consomme or clear broths (canned) are diluted with 2 cans water per can of soup. Add celery salt, paprika, etc. Bring soup just to boiling point, then stir in 1 tablespoon gelatine previously softened in cold water. Chill.

VERY heavy soups, rich with vegetables, rice or meat, are diluted about 4 to 1, with water to provide enough liquor to jelly.

# Salads and Meat Entrees . . .

## *Tomato Aspic Salad Cubes*

|                            |                            |
|----------------------------|----------------------------|
| 1½ cups diced fresh tomato | 2 tablespoons minced onion |
| ½ cup celery diced         | 2 tablespoons vinegar      |
| ½ cup shredded cabbage     | 1 cup chicken stock        |
| 1 carrot, grated           | 1 envelope plain gelatine  |
| 1 green pepper, chopped    | ½ teaspoon salt            |
| ¼ teaspoon cayenne         |                            |

SOAK gelatine in stock; melt over hot water; add to other ingredients. Chill thoroughly in single tray with cube grid in position. Pile a few jellied cubes lightly on lettuce leaf; top with mayonnaise.

## *Frozen Stuffed Pear Salad*

ARRANGE halves of Bartlett pears in single freezing tray. Pour in as much chilled ginger ale as fruit will absorb. Fill pear hollows with cream or cottage cheese moistened with mayonnaise. Fill tray three-fourths full with ginger ale. Garnish pears with mint, cress, parsley or sliced cherries (red or green). Freeze. Serve 1 pear half frozen in its square of beverage on lettuce. (Cut between pears with knife and remove to salad plate.) Serve at once to avoid melting.

## *Winsted Salad*

FREEZE 1 can of undiluted tomato soup and 1 No. 2 can crushed pineapple, combined. Serve cut in squares, on lettuce, with ball of cream cheese rolled in crushed nuts, or plain (or top with mayonnaise).

## *Nanty-Glo Frozen Salad*

To 1 quart strained tomato pulp, add 3 teaspoons onion juice (optional), 3 tablespoons sugar, salt and pepper; 1 cup chopped celery and cucumber (combined); 1 cup mayonnaise and 1 chopped green pepper. Freeze. Serves 12.

## *Frozen Thousand Island Salad*

DILUTE 1 part "1000 Island" Dressing with 3 parts whipped cream. Freeze solid in cubes; serve group of cubes on lettuce leaf with small radishes and olives. If frozen without cube grid, serve large square of salad on lettuce.

## *Green Gold Salad*

COMBINE and dissolve 1 pkg. Lime Gelatine and 1 pkg. Lemon Gelatine. Chill in deep tray. Fold in 3 grated carrots (salted) and 1 No. 2 can crushed pineapple. Chill in tray for 1 hour. Serve thick slice on lettuce, with mayonnaise. Serves 8.

## *. . . Salads and Meat Entrees*

### **Frozen Nougat Cream Salad**

|  |                                 |
|--|---------------------------------|
| 6 diced marshmallows                   | 3 tablespoons cherry syrup      |
| 6 ounces maraschino cherries, minced   | $\frac{1}{2}$ teaspoon gelatine |
| $\frac{1}{3}$ cup chopped pecans       | 1 tablespoon water              |
| $\frac{1}{3}$ cup mayonnaise           | 1 cup cream, whipped            |
| $\frac{1}{8}$ cup confectioner's sugar | $\frac{1}{4}$ teaspoon salt     |

SOAK gelatine in cold water; dissolve over hot water. Add to cherry syrup, then stir into mayonnaise. Fold in the whipped cream (after adding conf. sugar and salt). Add remaining ingredients, freeze. Serve in squares in lettuce cups. Yield: 1 pint.

### **Frozen Fruit Salad**

|                                       |  |
|---------------------------------------|--|
| 1 teaspoon gelatine                   | 2 cups fruit (suggest canned fruit cocktail) |
| 3 tablespoons syrup from canned fruit | (Marshmallows, dates and nuts may be added)  |
| $\frac{1}{2}$ cup mayonnaise          | Paprika                                      |
| $\frac{2}{3}$ cup whipped cream       |  |
| Salt                                  |  |
| Powdered sugar                        |  |

SOAK gelatine in syrup and dissolve over hot water. Add slowly to mayonnaise. Beat cream and gradually beat into first mixture. Add drained fruit and season to taste with sugar, salt and paprika.

### **Molded Raw Cranberry Salad**

|                                |                                    |
|--------------------------------|------------------------------------|
| 2 cups raw cranberries, ground | $\frac{1}{2}$ cup granulated sugar |
| 1 envelope orange gelatine     | 2 cups water                       |
| 1 cup chopped celery           | Juice of 1 lemon                   |

POUR  $\frac{1}{2}$  cup cold water in bowl. Add gelatine on top of water. Add  $1\frac{1}{2}$  cups hot water and stir until dissolved. Add lemon juice. Set aside to cool. Grind raw cranberries, chop nuts and celery fine. Add these ingredients to gelatine. Place salad in individual molds and let congeal in the refrigerator. Serve in lettuce cups.

### **Asparagus Bavarian Salad**

|                                      |                                     |
|--------------------------------------|-------------------------------------|
| 1 tablespoon gelatine                | 1 cup whipped evaporated milk       |
| $\frac{1}{4}$ cup cold water         | $\frac{1}{4}$ teaspoon salt         |
| $1\frac{1}{2}$ cups asparagus liquid | $\frac{1}{4}$ teaspoon white pepper |
| 1 No. 2 can green asparagus          | $\frac{1}{2}$ pimento, chopped      |
| Dash of mace                         |                                     |

SOAK gelatine in cold water and dissolve in hot asparagus liquid. Chill. Arrange stalks of asparagus around the sides of a dampened mold. When the jelly begins to congeal, add  $\frac{1}{2}$  cup of asparagus that has been put through a sieve, salt, pepper, mace, the chopped pimento and the whipped evaporated milk. Turn into the mold and set in the refrigerator to congeal. Serve with French dressing or mayonnaise. Garnish with pimento rings or strips.



## *Salads and Meat Entrees . . .*

### ***Frozen Nippy Cheese Salad***

|                                       |                                  |
|---------------------------------------|----------------------------------|
| 8 ounces nippy cheese                 | 1 cup evaporated milk, undiluted |
| $\frac{1}{2}$ cup chopped ripe olives | 1 tablespoon vinegar             |
| 4 tablespoons lemon juice             | A bit of garlic                  |

RUB a bit of garlic on the bottom of a bowl. Cream nippy cheese in bowl and add milk, vinegar, lemon juice and ripe olives. Blend well. Fill small paper cups with mixture and allow to freeze. Serve on a bed of lettuce or garnish with sprigs of water cress or endive. If preferred, cream cheese can be substituted for nippy cheese. Garnish with currant or bar le duc jelly.

### ***Pineapple Carrot Salad Ring***

|                               |                        |
|-------------------------------|------------------------|
| 1 package lemon gelatine      | 1 cup sliced pineapple |
| 1 cup water                   | 4 or 5 grated carrots  |
| 1 cup pineapple juice         | Lettuce or endive      |
| Mayonnaise or French dressing |                        |

HEAT 1 cup water and pour over gelatine. Add 1 cup cold pineapple juice. Set aside to cool. Add grated carrot and pineapple which has been cut in small tidbits. Place in individual molds or in a large ring mold. Place in refrigerator to congeal. Turn out on a bed of lettuce or endive and garnish with French dressing or mayonnaise. If a large mold is used, the outside can be garnished with fruit, such as sliced pineapple, sliced orange and apricots and slices of avocado pear. This is often called Health Salad.

### ***Mayonnaise Cubes***

COMBINE 1 cup whipped cream,  $\frac{1}{3}$  cup mayonnaise and  $\frac{1}{4}$  cup grenadine syrup (for pink color) or creme-de-menthe syrup (for green color). Freeze in cubes—but not too solid. Serve with fruit salad.

### ***Frosted Chicken Royale***

|                                       |                                   |
|---------------------------------------|-----------------------------------|
| 1 can Chicken-a-la-King               | 1 teaspoon gelatine               |
| $\frac{1}{2}$ cup small cooked peas   | $\frac{1}{2}$ cup cream, whipped  |
| $\frac{1}{2}$ cup minced sweet pickle | $\frac{1}{4}$ cup pimento, minced |

SOAK gelatine in cold water; dissolve in 1 tablespoon hot water. Add to chicken, peas and pickles. Mix well. Fold in whipped cream. Freeze slightly (or merely chill thoroughly) in single tray. Serves 4.

### ***Jellied Supper Ring***

DISSOLVE 1 pkg. Lemon Gelatine in 2 cups boiling water. Chill in double depth tray. Fold in 1 cup leftover cooked ham, chicken, veal or pork;  $\frac{1}{2}$  cup sliced stuffed olives;  $\frac{1}{2}$  green pepper chopped (or any chopped leftover vegetables); 3 stalks celery, minced. Chill in wet ring mold or individual fancy molds.

# Frozen Creams, Parfaits and Mousses

## Emerald Bavarian Cream

- |   |                           |
|---|---------------------------|
| 1 package lime gelatine                             | 2 tablespoons lemon juice |
| 1 cup boiling water                                 | Few grains salt           |
| 1 cup chilled evaporated milk or cream for whipping |                           |

POUR boiling water over the gelatine and stir until dissolved. Chill. When beginning to set, whip until light and fluffy. Whip the evaporated milk or cream, add lemon juice and salt and fold carefully into the whipped gelatine. Pour into a dampened ring mold or individual molds and place in refrigerator to set until firm. Serve with whipped cream.

## Southern Favorite Cream

- |                       |                                 |
|-----------------------|---------------------------------|
| 1 quart milk          | 4 tablespoons flour             |
| 1 cup sugar           | $\frac{1}{2}$ envelope gelatine |
| 2 cups cream, whipped | 1 teaspoon vanilla or almond    |
| 4 eggs beaten well    | Few grains salt                 |

ADD eggs to milk; combine with flour and sugar. Cook until mixture coats a spoon (double boiler). Add gelatine soaked 5 minutes in  $\frac{1}{2}$  cup cold water. Stir until dissolved. Cool. Add salt and flavoring. Chill. Fold in whipped cream. Freeze in double-depth tray 1 hour at No. 8. Stir mixture; finish freezing at No. 4 or 5. Or freeze overnight at No. 1. *May be turned out and sliced.*

## Vanilla Ice Cream

- |                         |                      |
|-------------------------|----------------------|
| 2 cups milk             | 1 cup cream, whipped |
| 3 to 4 egg yolks        | 1 tablespoon vanilla |
| $\frac{3}{4}$ cup sugar | Few grains salt      |

SCALD milk; pour over beaten egg yolks and sugar. Cook in double boiler until creamy-thick. Chill. Fold in whipped cream, salt and vanilla. Freeze. FOR *chocolate variation*: Melt 2 squares bitter chocolate in a little of the hot milk, over hot water. When thoroughly blended with milk, combine with sugar, egg yolks and scalded milk and continue as for vanilla. Omit 1 or 2 egg yolks (optional). Requires no stirring if followed closely.

## Children's Special Frozen Delight

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| 2 $\frac{1}{2}$ cups milk, scalded | 2 teaspoons gelatine                 |
| 1 cup sugar                        | $\frac{1}{2}$ cup cold milk          |
| 2 eggs, separated                  | 2 teaspoons vanilla                  |
| 2 teaspoons flour                  | (or $1\frac{1}{2}$ teaspoons almond) |
| 1 cup cream, whipped               | Pinch of salt                        |

SOAK gelatine 5 minutes in cold milk. Add to scalded milk in double boiler. Add sugar, flour, salt and 2 beaten egg yolks. Cook until like custard (about 10 minutes); stir often. Chill. Fold in 2 beaten egg-whites; fold in whipped cream; add flavoring. Freeze. Beat with fork occasionally, if convenient. Easily assimilated by children.

## Frozen Creams, Parfaits and Mousses . . .

*Chocolate variations:* Four level tablespoons cocoa added to the sugar and flour.

### Marlow Ice Cream

|                  |                        |
|------------------|------------------------|
| 20 marshmallows  | 1 cup cream, whipped   |
| 1 cup sweet milk | 1 tablespoon flavoring |
| Few grains salt  |                        |

MELT marshmallows (stale or fresh) with milk in double boiler. Chill. Beat thoroughly. Fold in the whipped cream. Add salt and *vanilla*, *almond* or *maple* flavoring. Freeze without stirring. Yield: 1 pint.

*Variations:* Add 1 cup minced Maraschino or green *cherries*; (2) Pour chilled marshmallow mixture over 1 quart fresh berries crushed with 1 cup conf. sugar. (3) 1 cup *peach* pulp and 1 tablespoon lemon juice; (4) 1 cup crushed *pineapple*; (5) 1 cup shredded *cocoanut*. (6) Omit marshmallows; add 2 tablespoons maple syrup and  $\frac{1}{2}$  cup chopped nuts. (7) 1 cup Grapenuts softened with marshmallows and milk; (8) 1 cup bran flakes.

### Chocolate Lover's Delight

|                                 |                                    |
|---------------------------------|------------------------------------|
| 6 tablespoons cocoa             | 1 tablespoon gelatine              |
| (or 2 squares bitter chocolate) | $\frac{1}{4}$ cup cold water       |
| $\frac{1}{2}$ cup thin cream    | $\frac{1}{4}$ cup boiling water    |
| 1 cup whipped cream             | 1 teaspoon vanilla                 |
| 3 eggs, separated               | $\frac{1}{2}$ cup granulated sugar |
| $\frac{1}{2}$ teaspoon salt     |                                    |

SOAK gelatine in cold water 5 minutes; dissolve in boiling water. Add cocoa (or *melted* chocolate). Add salt to egg whites; beat very stiff; add well-beaten yolks. Stir in the sugar. then add chocolate mixture well-beaten. Beat all thoroughly. Add vanilla. Add thin cream; beat well; fold in whipped cream. Freeze. Beating with rotary beater optional. Yield: 1 quart.

### Banana Nut Cream

|  |                           |
|--|---------------------------|
| 3 ripe bananas                         | 2 tablespoons lemon juice |
| $\frac{3}{4}$ cup confectioner's sugar | 1 cup cream, whipped      |
| $\frac{1}{2}$ to 1 cup chopped nuts    | 2 egg whites              |
| Pinch of salt                          |                           |

FORCE banana pulp through sieve. Add sugar, lemon juice and salt. Fold in stiff egg whites; then fold in whipped cream; add nuts. Freeze. Yield: 1 quart.

### New York Ice Cream

|                               |                                   |
|-------------------------------|-----------------------------------|
| 4 egg yolks                   | $\frac{1}{2}$ cup sugar           |
| 1 cup whole milk diluted with | 1 cup cream, chilled for whipping |
| $\frac{1}{2}$ cup water       | 2 tablespoons lemon juice         |
| $\frac{1}{8}$ teaspoon salt   | $1\frac{1}{2}$ teaspoon vanilla   |

Mix the yolks of eggs, sugar and salt and combine with milk. Cook very slowly in double boiler until mixture coats a spoon. then chill thoroughly. Whip the cream. add lemon juice and chilled custard mixture. Fold to-

## *. . . Frozen Creams, Parfaits and Mousses*

gether carefully and pour into a freezing tray of electric refrigerator and freeze. (Serves 6.)

### **Banana Cream**

Mix pulp of 1 banana, mashed; juice 1 lemon; 1 cup conf. sugar; 1 cup milk; salt. Fold in 1 cup of cream, whipped. Yield: 1 pint.

### **Peppermint Candy Ice Cream**

|                                    |                                    |
|------------------------------------|------------------------------------|
| $\frac{3}{4}$ cup peppermint candy | $1\frac{1}{4}$ cups cream, whipped |
| 1 cup water                        | $\frac{1}{8}$ teaspoon almond or   |
| 2 egg whites                       | vanilla extract                    |
| $\frac{1}{8}$ teaspoon salt        |                                    |

SOAK candy in the water. Heat very slowly until candy dissolves. Chill. Salt the egg whites; beat stiff. Fold in candy mixture. Add flavoring. Fold in whipped cream (or tall can evaporated milk whipped). Freeze. Serve with Bittersweet Sauce.

### **Frozen Peach Fluff**

|                                   |                            |
|-----------------------------------|----------------------------|
| 12 marshmallows                   | 3 egg whites, beaten light |
| $\frac{1}{2}$ cup peach juice     | 3 drops orange coloring    |
| $\frac{1}{2}$ cup crushed peaches | 2 cups cream, whipped      |

MELT "marlows" in double boiler, with peach juice. Beat well. Cool and add coloring and peach pulp. Fold in beaten egg whites. Fold in whipped cream. Freeze. Beat mixture once hourly. Yield: 1 quart.

### **Fruit Fluff**

|   |  |
|---|--|
| 20 marshmallows                         | 1 small bottle maraschino cherries           |
| (cut in small pieces)                   | (cut in quarters)                            |
| 1 cup pineapple juice                   | $\frac{1}{2}$ cup finely cut canned peaches, |
| $\frac{1}{2}$ cup grated pineapple pulp | apricots or any desired fruit                |

BLEND all ingredients and chill in the refrigerator overnight. Beat together when ready to serve. The marshmallows melt in the fruit juice and fluff the entire mixture.

### **Mocha Cream**

COOK 2 cups strong coffee infusion, 1 cup condensed milk and two squares bitter chocolate (previously melted over hot water) in double boiler until creamy-thick. Cool; add salt and fold in 1 cup cream, whipped and well sweetened. Beat until creamy. Freeze.

### **Strawberry Marlow**

|                          |                          |
|--------------------------|--------------------------|
| 16 marshmallows          | 1 tablespoon lemon juice |
| 1 pint ripe strawberries | $\frac{1}{2}$ pint cream |

CRUSH finely or press through a sieve the washed stemmed strawberries. Place the marshmallows in the top of a double boiler with two tablespoons of juice and steam until melted. Stir until smooth, remove from stove, and add strawberries and lemon juice. Chill until mixture is cold and slightly stiffened; beat cream until stiff and lightly fold strawberry mixture into it. Freeze without stirring. Serves six.

## Frozen Creams, Parfaits and Mousses . . .

### **Peach Marlow**

|                             |                          |
|-----------------------------|--------------------------|
| 20 marshmallows             | $\frac{1}{2}$ pint cream |
| $\frac{1}{4}$ cup water     | 3 tablespoons sugar      |
| 1 cup crushed fresh peaches |                          |

SPRINKLE the crushed peaches with sugar and let stand while the marshmallows and water are steaming in the top of a double boiler. When marshmallows are just melted, add the sweetened peaches and cool. When cold and slightly stiffened, carefully combine with the cream, whipped stiff. Freeze without stirring. (Serves 6.) To use canned peaches instead of fresh, substitute  $\frac{1}{2}$  cup juice for the water, use only 18 marshmallows, omit the sugar and add  $\frac{1}{2}$  teaspoon vanilla.

### **Commercial Pudding Ice Cream**

#### *Vanilla Pudding Variations:*

PREPARE as package directs; add extra  $\frac{1}{2}$  cup of milk *always*.

1. Fold in 1 pint *strawberries*, well crushed and sweetened.
2. Pulp of 3 or 4 *bananas*; 1 tablespoon lemon juice.
3. Omit extra milk. substitute  $\frac{1}{2}$  cup pineapple juice; add  $\frac{1}{2}$  cup crushed *pineapple*.
4. Substitute 1 cup strong black *coffee* for 1 cup milk in original package instructions; sweeten slightly; add 1 teaspoon vanilla and  $\frac{1}{4}$  teaspoon salt.

*Increase bulk* at small cost by whipping in with rotary beater 1 cup evaporated milk, scalded, chilled and whipped.

#### *Chocolate Pudding Variation:*

Add  $\frac{1}{2}$  cup milk; 1 tablespoon sugar, few grains salt and 1 teaspoon vanilla.

Freeze as any ice cream. Improved by frequent stirring.

### **Standard Parfait**

|                           |                                 |
|---------------------------|---------------------------------|
| $\frac{2}{3}$ cup sugar   | 1 cup evaporated milk or cream, |
| $\frac{1}{4}$ cup water   | chilled for whipping            |
| 2 egg whites              | 2 teaspoons vanilla             |
| Few grains salt           |                                 |
| 2 tablespoons lemon juice |                                 |

COOK sugar and water until it threads (236° F.) Pour into the beaten whites of eggs, to which the salt has been added, beating constantly. Chill. Whip the evaporated milk or cream, add lemon juice, fold into the egg and syrup mixture, add vanilla. Pour into freezing tray and freeze. (Serves 8.)

## *. . . Frozen Creams, Parfaits and Mousses*

### **Arabian Night's Parfait**

|                                 |                                |
|---------------------------------|--------------------------------|
| $\frac{1}{2}$ cup dates, minced | 4 eggs, separated              |
| $\frac{1}{2}$ cup orange juice  | 1 cup cream, whipped           |
| 1 cup water                     | $\frac{1}{4}$ teaspoon vanilla |
| 2 tablespoons lemon juice       | $\frac{1}{4}$ teaspoon salt    |

COOK dates in 1 cup water for 10 minutes, without stirring. Add fruit juices. Pour over *well* beaten egg yolks. Cook in double boiler for 15 minutes. Remove and cool. Salt the egg whites; beat stiff. Fold into date mixture. Fold in whipped cream; add vanilla. Freeze without stirring.

### **Praline Parfait**

|                                 |                       |
|---------------------------------|-----------------------|
| $\frac{3}{4}$ cup corn syrup    | 3 egg whites          |
| 1 cup crushed pecans or walnuts | 2 cups cream, whipped |
|                                 | Few grains salt       |

BOIL syrup until it spins a thread. Fold in *very* stiffly beaten egg whites. Add salt. Fold in whipped cream; add nuts. Freeze without stirring. Yield: 1 quart.

### **Peanut Brittle Parfait**

|                               |                                  |
|-------------------------------|----------------------------------|
| 1 cup peanut brittle, crushed | $1\frac{1}{2}$ teaspoons vanilla |
| $\frac{1}{3}$ cup brown sugar | 1 cup cream, whipped             |
| 1 tablespoon butter           | 2 egg yolks                      |
|                               | $\frac{1}{4}$ cup water          |

CREAM butter and sugar; add water; cook until well blended, stirring. Beat egg yolks in double boiler until light; then add syrup slowly; beat until light and fluffy. Cool. Add vanilla to whipped cream; fold into cooked mixture, then add peanut brittle. Freeze. Serves 6.

### **Angel Parfait En Surprise**

|                                  |                                  |
|----------------------------------|----------------------------------|
| $\frac{1}{3}$ cup sugar          | $1\frac{1}{2}$ teaspoons vanilla |
| 4 tablespoons water              | Candied pineapple or cherries    |
| 2 egg whites                     | Rubettes or Maraschino cherries  |
| $\frac{1}{2}$ pint (1 cup) cream | Preserved ginger                 |

STIR sugar and water until sugar is melted. Boil, without stirring, until syrup spins a thread from tip of spoon. Add slowly to egg whites, beaten until stiff. Continue beating until mixture is cool. Chill, then add cream, whipped and vanilla. Fill small molds or paper parfait cups with this mixture. In the center of each put a teaspoon of chopped candied fruit, preserved ginger, Maraschino cherries, Rubettes, or a combination of these fruits. Sprinkle more chopped fruit over the top. Place molds in tray and freeze.

### **Apricot Parfait**

DRAIN and dice a No. 2 can of apricots (or equivalent of stewed dried fruit); add  $\frac{1}{2}$  cup confectioner's sugar; fold in 2 stiffly beaten egg whites, salted slightly. Fold in 1 cup cream, whipped. Freeze. Yield: 1 quart.

## Frozen Creams, Parfaits and Mousses . . .

### Blackberry Royal Parfait

- |  |                      |
|--|----------------------|
| 2 cups blackberry juice and pulp       | 2 cups whipped cream |
| 1 cup blackberries (whole)             | Yellow Coloring      |
| 1 package lemon jello                  | Green cherries       |
| $\frac{1}{4}$ cup sugar—more if needed |                      |

HEAT blackberry juice and dissolve jello. Add sugar. Cool—turn into shallow pan and chill. When chilled, shred very fine with a fork, then add slightly sweetened whipped cream until a lavender color. To serve; add 1 tablespoon sweetened berries in bottom of parfait glasses, then lavender mixture and top with whipped cream. Place in center a green cherry and around the cherry, petals of yellow whipped cream to resemble a flower. Serve with crisp refrigerator cookies. Very pretty and delicious.

### Buttercrunch Mousse

- |                               |                                    |
|-------------------------------|------------------------------------|
| $\frac{1}{2}$ cup brown sugar | 1 whole egg                        |
| 2 tablespoons butter          | 2 tablespoons rich milk            |
| 6 tablespoons water           | 1 cup cream, whipped               |
| 1 egg yolk                    | $\frac{1}{2}$ teaspoon lemon juice |
| Few grains salt               |                                    |

BRING sugar, butter and water (when melted) to boiling point in saucepan. Beat whole egg and extra yolk in double boiler. Pour cooked mixture over eggs, stirring vigorously for smoothness. Add salt and milk. Cook 5 minutes, stirring constantly. Cool. Add lemon juice. Fold in whipped cream *very gradually*. Freeze. Serves 6.

### Chocolate Mousse

- |                             |                                 |
|-----------------------------|---------------------------------|
| 1 square bitter chocolate   | 2 egg yolks, beaten <i>well</i> |
| $\frac{1}{4}$ cup water     | $\frac{1}{2}$ teaspoon vanilla  |
| $\frac{1}{4}$ cup rich milk | 1 cup cream, whipped            |
| 7 tablespoons sugar         | Few grains salt                 |

MELT chocolate over hot water; heat to scalding point in double boiler, the milk, water and sugar; pour mixture over egg yolks, stirring vigorously; add mixture *slowly* to melted chocolate. Beat thoroughly. Add salt. Remove and cool. *Fold* into whipped cream (do not beat). Add vanilla. Freeze. Serves 6.

### Gelatine Chocolate Mousse

- |                      |                             |
|----------------------|-----------------------------|
| 2 cups milk          | 1 cup sugar                 |
| 2 teaspoons gelatine | $\frac{1}{8}$ teaspoon salt |
| 2 squares chocolate  | 2 cups cream                |
| 1 teaspoon vanilla   |                             |

SOAK gelatine in  $\frac{1}{4}$  cup of milk. Scald remaining milk and add. Let cool. Beat mixture until light. Add melted chocolate. Add the sugar, salt and vanilla. Beat cream and fold into mixture. Pour into freezing tray and freeze at a low temperature. One-fourth teaspoon of Peppermint extract may be added.

## *. . . Frozen Creams, Parfaits and Mousses*

### ***Peach Mousse***

|                             |                             |
|-----------------------------|-----------------------------|
| 2 cups fresh sliced peaches | 3 or 4 drops almond extract |
| $\frac{2}{3}$ cup sugar     | 2 cups cream, whipped       |

PEEL and slice peaches; cover with the sugar and let stand one hour. Mash and rub through a sieve. Fold in cream, whipped until stiff, and almond flavoring. Pour into tray of chilling unit. Freeze without stirring.

*Variations:* May use strawberries, apricots or apple sauce in place of peaches.

### ***Floating Island***

|                         |                             |
|-------------------------|-----------------------------|
| 2 cups scalded milk     | $\frac{1}{8}$ teaspoon salt |
| 3 egg yolks             | 1 teaspoon vanilla          |
| $\frac{1}{4}$ cup sugar | 3 egg whites                |

BEAT egg yolks slightly, add sugar and salt. Gradually add the scalded milk to the eggs, stirring constantly. Cook on low heat and continue stirring until mixture coats a spoon. Cool and add vanilla. Beat egg white until stiff, adding powdered sugar during last part of beating. Arrange this meringue in "islands" on the custard. A little jelly, or rubettes, may be placed in center of each "island." Floating Island should be served very cold.

### ***Strawberry Bavarian Cream***

|                               |   |
|-------------------------------|---|
| 2 tablespoons gelatine        | $1\frac{1}{2}$ cups crushed fresh strawberries or |
| $\frac{1}{4}$ cup cold water  | $1\frac{1}{2}$ cups canned berries, drained of    |
| $\frac{1}{2}$ cup fruit juice | their juice                                       |
| $1\frac{1}{2}$ cups cream     |   |

SOAK gelatine in cold water and dissolve in boiling fruit juice. Cool. If fresh fruit is to be used, sweeten to taste, depending upon the sweetness of the berries—about one-half cup; if canned fruit, no extra sugar will be needed. Add fruit and place in refrigerator cabinet to chill, stirring occasionally. When mixture begins to thicken, fold in cream, whipped until stiff. Turn into mold, first dipped in cold water, and return to refrigerator to become firm. Unmold on serving plate and garnish with whole strawberries, crushed strawberries, or whipped cream, as desired.

### ***Tomato Frappe***

|                                |                           |
|--------------------------------|---------------------------|
| 2 cups tomato juice            | 1 tablespoon lemon juice  |
| 1 teaspoon gelatine, soaked in | 1 tablespoon catsup       |
| 2 tablespoons cold water       | Salt and pepper to season |

SOAK gelatine in cold water. Heat tomato juice, and dissolve the gelatine. Cool. Add lemon juice, catsup and seasoning. Turn into tray and freeze to a mush. Serve in chilled cups and garnish with parsley and lemon.



# Frozen Ices, Sherbets, Etc. . . .

## *Orange Ice Flakes*

BOIL  $\frac{3}{4}$  cup sugar and  $\frac{3}{4}$  cup boiling water for 5 minutes. Cool. Add juice and pulp of 3 large oranges; juice of 1 lemon; 2 cups milk, 1 egg white beaten stiff and salt to taste. Fold in  $\frac{1}{2}$  cup cream, whipped. Freeze overnight with controls at normal (not fast freeze). Stir well early next morning. Serve for lunch. Keeps almost indefinitely.

## *Lynn Lemon Milk Sherbet*

Mix  $\frac{1}{3}$  cup strained lemon juice with 1 cup confectioner's sugar. Add very slowly 2 cups milk. Stir well. Freeze with occasional stirring, if convenient.

## *Fruit Creme Sherbet*

|                                |                         |
|--------------------------------|-------------------------|
| Pulp of 1 banana               | 1 cup granulated sugar  |
| Juice: 1 orange                | 1 whole egg             |
| Juice: $1\frac{1}{2}$ lemons   | $\frac{1}{2}$ cup water |
| 10 green cherries, minced      | 1 cup cream, whipped    |
| 10 Maraschino cherries, minced | Salt: green coloring    |

BOIL sugar and water for 5 minutes. Pour over *well* beaten egg, stir constantly. Salt the mashed banana; combine with fruit juices and egg-syrup mixture. Add cherries. Chill. Add coloring (optional); fold in whipped cream. Freeze.

## *Fresh Peach Sherbet*

PEEL and dice 12 large peaches. Crush well; let stand 1 hour with 1 cup confectioner's sugar. Boil 1 cup granulated sugar with 4 cups water for 5 minutes. Cool. Pour over peaches. Add  $\frac{1}{4}$  teaspoon almond flavoring. Freeze.

## *Pomelo Sherbet*

|                                     |                                    |
|-------------------------------------|------------------------------------|
| $3\frac{3}{4}$ cups grapefruit pulp | $\frac{3}{4}$ cup light corn syrup |
| $1\frac{3}{4}$ cups water           | 6 tablespoons lemon juice          |
| $1\frac{1}{2}$ cups sugar           | Few grains salt                    |

COOK sugar, syrup and 1 cup of water to soft ball stage ( $240^{\circ}\text{F.}$ ). Add remaining water and lemon juice. Cool. Dice grapefruit pulp; add pulp and juice to syrup. Freeze. Yield: 2 quarts.

## *Pineapple Mint Sherbet*

|                         |                                      |
|-------------------------|--------------------------------------|
| 1 teaspoon gelatine     | 2 egg whites                         |
| $\frac{1}{2}$ cup water | 2 tablespoons prepared mint sauce or |
| 1 cup pineapple juice   | 1 tablespoon chopped fresh mint and  |
| $\frac{1}{2}$ cup sugar | 2 tablespoons lemon juice            |
| 1 cup crushed pineapple |                                      |

Mix water, pineapple juice and sugar. Boil three minutes. Add soaked gelatine and dissolve. Cool. Add crushed fruits, chopped mint and lemon juice. Freeze for one hour. Turn into bowl, add unbeaten egg whites and beat until very light. Return to chilling unit and freeze.

## *. . . Frozen Ices, Sherbets, Etc.*

### **Pineapple Cream Sherbet**

|                              |                            |
|------------------------------|----------------------------|
| 1½ cups crushed pineapple    | ½ cup lemon juice          |
| 1 cup sugar                  | ½ cup orange juice         |
| 2 cups boiling water         | ½ cup pineapple juice      |
| 1 cup cream, whipped         | 1 well beaten egg yolk     |
| 4 tablespoons powdered sugar | 2 egg whites, beaten stiff |

Grated rind of one orange

COMBINE and freeze to a mush the sugar, water, pineapple, orange rind and juices. Combine the whipped cream, powdered sugar, egg yolk and egg whites. Fold the two mixtures together thoroughly. Freeze until smooth and stiff.

### **Buttermilk Sherbet**

|                      |                         |
|----------------------|-------------------------|
| 2 cups buttermilk    | 1 cup crushed pineapple |
| ½ cup sugar          | 1 egg white (unbeaten)  |
| 1½ teaspoons vanilla |                         |

COMBINE buttermilk, sugar and pineapple thoroughly. Place in tray in chilling unit and freeze to a mush. Remove from tray to bowl, add egg white and vanilla. Beat until light and fluffy. Return to chilling unit and continue freezing.

### **Banana Sherbet**

MASH pulp of 6 ripe bananas. Boil 1 cup sugar with 2 cups water for 5 minutes. Cool; add juice of one orange, few grains salt; combine with banana pulp. Freeze.

### **Children's Special Frozen Delight**

|                      |                                 |
|----------------------|---------------------------------|
| 2 teaspoons gelatine | 2 teaspoons vanilla extract (or |
| ½ cup cold milk      | 1½ teaspoons almond)            |
| 2 teaspoons flour    | 2½ cups milk                    |
| 1 cup cream, whipped | 1 cup granulated sugar          |
| 2 eggs—Pinch of salt |                                 |

SOAK gelatine in ½ cup milk for 5 minutes. Scald 2½ cups milk in top of double boiler. Add soaked gelatine, sugar, flour, salt and 2 well-beaten egg yolks. Cook for about 10 minutes, or until of custard consistency, stirring frequently. Pour into freezing trays for very quick chilling (or cool in large bowl). When cool, fold in 2 well beaten egg whites; add the whipped cream and flavoring. Freeze in trays at No. 8 until partly solidified; finish freezing at No. 5 Mixture may be beaten with fork every hour while freezing, if convenient, but this is not absolutely essential.

*Variation:* Add 4 level tablespoons of cocoa to the sugar and flour.

*Note:* Most frozen desserts are too rich for children (or invalids) to eat frequently. This frozen custard is easily assimilated and popular with adults.

## *Frozen Ices, Sherbets, Etc. . . .*

### ***Cranberry Crush***

COOK 1 quart cranberries in 3 cups boiling water until berries burst. Stir in 1 teaspoon baking soda. Remove the greenish acid froth which will rise (use skimmer). Add 2 cups sugar. Cook 10 minutes. Put through coarse sieve to remove skins. Add  $\frac{1}{2}$  cup orange juice and 1 tablespoon lemon juice. Freeze. Serve with roast turkey or pork.

### ***Watermelon Sherbet***

TO each pint of sweetened ripe water-melon pulp, diced, add  $\frac{1}{2}$  cup pineapple juice, juice of 1 lemon and 1 cup minced Maraschino cherries (undrained). Stir well. Freeze into soft sherbet. *Plain* sugared diced water-melon is delicious, frozen.

### ***Apricot Freeze***

TO 2 cups mashed cooked apricot pulp, add 2 cups apricot juice and 1 cup granulated sugar. Heat until sugar melts. Cool. Add juice and grated rind of 1 lemon. Freeze. Better next day.

### ***Lemon Marshmallow Ice***

|                               |  |
|-------------------------------|--|
| 24 marshmallows               | $\frac{1}{8}$ teaspoon grated lemon rind |
| $\frac{5}{8}$ cup water       | Dash salt                                |
| $\frac{1}{2}$ cup lemon juice | 2 egg whites                             |

MELT the marshmallows with the water in top of a double boiler. When completely melted, remove from stove and add lemon juice, grated rind and salt. Turn into refrigerator tray and freeze to a mush. Beat the egg whites until stiff, stir the fruit mixture, and fold into the beaten whites. Return to the refrigerator tray and continue freezing, stirring once when the mixture has again frozen to a mush. (Serves 6.)

### ***Berry Ice***

MELT  $1\frac{1}{2}$  cups granulated sugar in 1 cup cold water. Add 1 quart fresh berries, crushed. Stir mixture over fire until near boiling point. Remove. Add juice of 1 lemon. Strain and cool. Freeze.

### ***Peppermint Ice***

BOIL 4 cups water and 2 cups granulated sugar for 5 minutes. Add  $\frac{3}{4}$  cup lemon juice. Cool; strain and freeze to mush. Add 1 teaspoon essence of peppermint or  $\frac{1}{4}$  cup chopped fresh mint. Green coloring (optional). Should ripen several hours or overnight. Effective surrounded by black or red berries on angel cake.

### ***Pomelo Ice***

SYRUP as for peppermint ice. Cool. Add 2 cups grapefruit juice. Strain; freeze. Garnish with mint, bright berries or cherry.

## *. . . Frozen Ices, Sherbets, Etc.*

### ***Orange Ice***

SYRUP as for peppermint ice, but boil 20 minutes. Add 1 teaspoon gelatine soaked in tablespoon of cold water. When dissolved, add juice and grated rind of 2 oranges,  $\frac{1}{4}$  cup lemon juice and few grains of salt. Cool, strain and freeze. Substitute other fruit juice for orange juice if you have the rinds but no juice.

### ***Melon Ice***

BOIL  $\frac{1}{3}$  cup sugar and  $\frac{3}{4}$  cup water for 5 minutes. Cool. Add 1 cup *strained* cantaloupe or honey dew melon pulp and juice of 1 lemon. Add few grains of salt. Freeze. Mint or cherry garnish.

### ***Banana Ice***

MELT 3 cups sugar in 4 cups cold water. Add mashed pulp of 5 or 6 bananas, juice of 3 lemons and salt to taste. Freeze.

### ***Pineapple Ice***

BOIL 2 cups water and 1 cup sugar for 5 minutes. Add large can crushed pineapple, juice of 3 lemons and salt. Cool; strain; freeze.

### ***Ginger Ale Ice***

COMBINE 1 cup sugar, 1 cup water and grated rind of 1 lemon and 1 orange. Stir until sugar dissolves. Boil 5 minutes. Strain; cool. Add juice of 1 lemon and 2 cups ginger ale. Mix and freeze. Stir twice during freezing; fold in a stiffly beaten egg white at second stirring. Finish freezing. Dessert or meat accompaniment.

### ***Frozen Prune Whip***

COMBINE  $\frac{1}{2}$  cup prune pulp,  $\frac{1}{2}$  cup orange juice,  $\frac{1}{2}$  cup sugar, 1 tablespoon lemon juice, 1 egg white beaten stiff, few grains salt. Fold in 1 cup cream, whipped. Freeze. Serves 4.

### ***Pear-Ginger Ale Freeze***

DICE 1 quart of Bartlett pears (canned). Add pear juice. Fold in about 1 cup cream, whipped stiff and slightly sweetened. Pour in as much ginger ale as pears will absorb. Freeze without stirring in deep tray, at No. 8.

### ***Frozen Marble Pudding***

|                                    |                              |
|------------------------------------|------------------------------|
| 3 3-ounce packages chocolate snaps | 1 teaspoon almond extract    |
| 1 cup milk, scalded                | 4 tablespoons powdered sugar |
| 1 cup cream, whipped               | Few grains salt              |

POUR scalded milk over crumbled wafers. Stir until smooth; cool. Place alternate layers of wafer mixture and whipped cream (sweetened and flavored) in deep tray; have top layer of cream. Freeze. Unmold on platter; serve sliced. *Variation:* Cocoanut snaps instead of chocolate wafers. Tint one or more layers of cream.

# Chilled Desserts, Cookies, Dough, Etc. . . .

## Lemon Chiffon Pie

|                         |                               |
|-------------------------|-------------------------------|
| 1 tablespoon gelatine   | $\frac{1}{2}$ cup lemon juice |
| $\frac{1}{4}$ cup water | 4 egg whites                  |
| 1 cup sugar             | 1 teaspoon grated rind        |
| 4 egg yolks             | $\frac{1}{2}$ teaspoon salt   |

Baked pie shell

SOAK gelatine in cold water. Beat egg yolks until light, add  $\frac{1}{2}$  of the sugar and lemon juice and rind and continue to beat. When very light, place on *low* heat and cook, stirring until of custard consistency. Add soaked gelatine and dissolve. Cool. When cool add beaten egg whites to which the remaining sugar has been added. Fill baked pie shell and chill. Serve with thin layer of whipped cream.

## Orange Chiffon Pie

MAKE same as Lemon Chiffon Pie, but instead of one-half cup lemon juice and one teaspoon grated lemon rind, use one-half cup orange juice, one tablespoon grated orange rind and one tablespoon lemon juice.

## Pineapple Chiffon Pie

|  |                             |
|--|-----------------------------|
| 1 level tablespoon gelatine                  | $\frac{1}{2}$ cup sugar     |
| $\frac{1}{4}$ cup cold water                 | 4 eggs                      |
| $\frac{1}{4}$ cups canned, crushed pineapple | $\frac{1}{4}$ teaspoon salt |

1 tablespoon lemon juice

SOAK gelatine in cold water about five minutes. Beat egg yolks slightly and add  $\frac{1}{4}$  cup sugar, pineapple, lemon juice and salt. Cook on low heat until of custard consistency. Add the softened gelatine, stirring thoroughly, and cool. When mixture begins to thicken, fold in stiffly beaten egg whites to which has been added the other  $\frac{1}{4}$  cup sugar. Fill baked pie shell and chill. Just before serving, spread over pie a thin layer of whipped cream.

## Refrigerator Chocolate Pie

|  |   |
|--|---|
| 1 cup milk                                   | $\frac{1}{4}$ cup cold water                            |
| $\frac{1}{2}$ cup sugar                      | 3 egg whites  |
| 3 egg yolks                                  | $\frac{1}{4}$ cup sugar                                 |
| $\frac{1}{4}$ teaspoon salt                  | 1 cup cream   |
| 2 squares chocolate                          | $1\frac{1}{2}$ cups vanilla wafer crumbs or cake crumbs |
| $\frac{1}{2}$ tablespoon gelatine, soaked in |   |

MAKE custard of milk, sugar, chocolate and egg yolks. Add soaked gelatine and dissolve. *Cool*. Fold in beaten egg whites, add the  $\frac{1}{4}$  cup sugar. Line a buttered pie tin with crushed vanilla wafers, add filling. Cover with waxed paper and place in refrigerator 4 to 5 hours. Serve with whipped cream.

## *. . . Chilled Desserts, Cookies, Dough, Etc.*

### ***Mocha Miracle***

|                                |                       |
|--------------------------------|-----------------------|
| 27 vanilla wafers              | 1 tablespoon gelatine |
| $\frac{1}{3}$ cup black coffee | 3 eggs, separated     |
| $\frac{2}{3}$ cup rich milk    | 1 teaspoon vanilla    |
| $\frac{1}{2}$ cup sugar        | 1 cup cream, whipped  |
| Few grains salt                |                       |

SOAK gelatine in a little milk. Heat milk and coffee in double boiler. Beat egg yolks, sugar and salt until thick. Add to hot mixture; cook, stirring constantly, until mixture coats a spoon. Add soaked gelatine; stir until dissolved. Remove from fire; add vanilla. When cooled slightly, pour over beaten egg whites. Beat well. When cold, fold in whipped cream. Place layer of wafers (9) on bottom of 9-inch square tin. Cover with mocha mixture. Repeat twice. Chill 24 hours. Cut in squares; remove with pancake turner. Serve with whipped cream.

### ***Pineapple Nut Refrigerator Cake***

|  |                          |
|--|--------------------------|
| 2 $\frac{1}{4}$ cups graham cracker crumbs | 1 cup sugar              |
| 1 cup chopped walnuts                      | $\frac{1}{2}$ cup butter |
| 1 cup crushed pineapple                    | 3 teaspoons cream        |
| 1 egg, beaten                              | Few grains salt          |

CREAM butter and sugar; add egg, salt, cream and pineapple. Line oblong pan with oiled paper. Cover bottom  $\frac{1}{2}$  inch thick with crumbs. Pour in 3 or 4 tablespoons pineapple juice and  $\frac{1}{3}$  cup of pineapple. Sprinkle with chopped nuts. Repeat layers twice. Cover with wax paper. Chill 24 hours. Serve with whipped cream. Serves 8 to 10.

### ***Chocolate Ice Box Cake***

|  |                                 |
|--|---------------------------------|
| 30 lady fingers                          | 4 eggs, separated               |
| 2 cakes sweet chocolate                  | 3 tablespoons sugar             |
| 3 tablespoons evaporated milk, undiluted | 2 cups evaporated milk, whipped |

LINE a mold or cake pan with lady fingers or sponge cake. Melt chocolate in double boiler, adding milk, sugar and beaten yolks of eggs. Cook slowly until thick and smooth, stirring constantly. When this is cool, fold it into the stiffly beaten egg whites. Place this filling in the cake form and set in refrigerator several hours. Cover with whipped evaporated milk at serving time. Alternate layers of lady fingers and filling may be used in any style pan. Make the day before it is to be used. Garnish with strawberries or any other fruit in season.

### ***Zwieback Pie Crust***

ROLL about 20 Zwieback in strong paper bag to fine crumbs. Mix thoroughly with  $\frac{1}{3}$  cup melted butter and 3 to 4 tablespoons cold water. Cover pie pan well with mixture, patting firmly. Chill. Delicious with lemon, butterscotch or fresh fruit fillings.

## Chilled Desserts, Cookies, Dough, Etc. . . .

### Golden Glow Cookies

|                             |                             |
|-----------------------------|-----------------------------|
| $\frac{1}{2}$ cup butter    | Grated rind—1 orange        |
| 1 cup sugar                 | 2 tablespoons orange juice  |
| 2 eggs                      | 2 tablespoons lemon juice   |
| 3 cups flour                | 1 teaspoon baking powder    |
| Grated rind—1 lemon         | $\frac{1}{4}$ teaspoon soda |
| $\frac{1}{2}$ teaspoon salt |                             |

CREAM butter. work in the sugar gradually; cream thoroughly. Add beaten eggs; beat vigorously. Add grated rinds and juices. Add dry ingredients sifted together. Mix well. Shape into long rolls about 2 inches in diameter. Wrap in wax paper. Chill. Slice cookies paper-thin; bake on oiled cookie sheet at 375° F. for 10 to 12 minutes.

### Refrigerator Icing

|                             |                                 |
|-----------------------------|---------------------------------|
| 4 squares bitter chocolate  | 2 cups confectioner's sugar     |
| 4 tablespoons warm milk     | 2 eggs                          |
| 6 tablespoons melted butter | $1\frac{1}{2}$ teaspoon vanilla |
| Few grains salt             |                                 |

BEAT eggs until golden and thick in double boiler. Melt chocolate over hot water; add milk; mix to smooth paste. Pour over eggs. Add sugar gradually, stirring constantly. Let remain in double boiler and beat for 15 minutes. then add butter slowly. Store in covered jar in refrigerator.

### Foundation Refrigerator Dough (3 in 1)

|                                    |                         |
|------------------------------------|-------------------------|
| 2 compressed yeast cakes           | 4 eggs, beaten well     |
| 1 pint sour cream                  | $\frac{3}{4}$ cup sugar |
| 6 cups flour                       | 3 tablespoons warm milk |
| $\frac{1}{2}$ pound butter, melted | 1 teaspoon salt         |

COMBINE beaten eggs, melted butter, sugar, sour cream and salt in large bowl. Add yeast (dissolved in warm milk); add flour, sifted once after measuring. Mix thoroughly with wooden spoon. Shape like any dough. Chill overnight in refrigerator in covered greased bowl.

*For Rolls:* Pinch off needed quantity; shape. let rise in pans about 20 minutes before baking.

*Tea Cakes:* Roll dough  $\frac{1}{4}$ -inch thick; cut plain or fancy; dust with sugar, spices and nuts; let rise 20 minutes; bake 20 minutes at 400° F.

*Doughnuts* are cut from batter with doughnut cutter and fried in deep vegetable oil. Refrigerator doughs keep from 10 days to 2 weeks.

### Texas Refrigerator Rolls (36 rolls)

|                               |                               |
|-------------------------------|-------------------------------|
| 2 cakes compressed yeast      | 2 cups boiling water          |
| $\frac{7}{8}$ to 8 cups flour | $\frac{1}{2}$ cup sugar       |
| $\frac{1}{4}$ cup cold water  | $1\frac{1}{2}$ teaspoons salt |
| 2 tablespoons butter          |                               |

COMBINE sugar, butter, boiling water and salt. Cool, then add yeast, dissolved in cold water. Add 4 cups flour, measured before sifting. Mix

## . . . Chilled Desserts, Cookies, Dough, Etc.

thoroughly. Add 3 to 4 more cups flour. Knead into firm dough as for bread. Store in refrigerator in covered greased bowl. Bake as needed.

*Cloverleaf Rolls:* 3 small balls about size of walnut pressed together. Let rise on greased pan at room temperature until triple in size. Brush top with melted butter. Bake at 400° F. 15 to 20 minutes.

*Variations:* Add 2 tablespoons grated cheese. Add raisins, currants, chopped dates. *Glaze* rolls with mixture of sugar and milk. Bake recipe into small loaves of *bread* instead of rolls.

### **Refrigerator Dumplings (for soup, etc.)**

Heat slowly  $\frac{1}{2}$  cup water,  $\frac{1}{4}$  teaspoon salt and few grains of nutmeg. Add  $\frac{1}{2}$  cup sifted bread flour. Stir until paste will clear side of pan; scrape into bowl; when partly cool, add 1 egg yolk. Beat until smooth. Chill in refrigerator in covered greased bowl. Add bits of dumpling paste (about size of hazel nut) dipped with hot wet spoon. to boiling soup. 15 minutes before serving soup; cook uncovered 5 to 10 minutes. Store extra quantity for future use in covered bowl.

### **Beverage Briefs**

ASSORTED syrups in corked glass bottles, chilled in your refrigerator, lend great zest to plain or carbonated beverages. Avoid oversweetening.

*Sugar Syrup* (for lemonade, etc.). Cook 1 cup sugar and  $1\frac{1}{2}$  cups water until sugar dissolves.

*Pineapple Syrup:* Cook 3 pounds diced fresh pineapple, 4 cups water and 2 cups sugar until fruit is soft. Mash; strain; reheat, adding 1 pound sugar for each pint of liquid. Cook until syrupy. Bottle while hot.

*Lemon Syrup:* Melt 3 cups sugar in  $1\frac{1}{2}$  cups water. Add juice of 8 lemons and four grated lemon rinds.

*Orange Syrup:* Same as lemon; but use juice of 10 oranges and grated rind of 1 lemon.

*Cocoa Syrup:* Boil 2 cups sugar,  $\frac{1}{3}$  cup cocoa and 1 cup boiling water for 5 minutes. Add few grains salt. Cool; add 1 teaspoon vanilla. Add to ice water or milk; top with whipped cream.

*Mocha Syrup:* Boil 2 cups sugar and 1 cup strong coffee for 5 minutes.

*Raspberry Vinegar:* Marinate 6 quarts berries in 1 quart mild vinegar overnight. Crush fruit. Chill 24 hours. Strain. Measure juice; to each pint, add 1 pound sugar. Heat slowly. Skim if necessary. Boil gently 25 minutes. Bottle while hot.

*Boston Cooler:* Beat  $\frac{1}{4}$  glass ginger ale with spoon of vanilla ice cream in tall glass. Add another spoon of ice cream. Fill glass with ginger ale. Top with whipped cream.

*Carolina Croon:* Fill tall glass with frozen lemonade cubes. Add mint and 2 cherries. Pour in pale dry ginger ale.



## *Chilled Desserts, Cookies, Dough, Etc. . . .*

*Mint Magic:* Over scoop of peppermint candy ice cream, fill glass with ginger ale or cream soda.

*Strawberry Fluff:* Cream soda over strawberry ice cream.

*Pineapple Soda:* Spoonful of crushed pineapple over scoop of plain ice cream; fill glass with cream soda.

*Pink Lady:* Pour  $\frac{3}{4}$  inch of Grenadine (or Creme-de-menthe Syrup) in bottom of slender cocktail glass. Carefully add an ice cube flat surface up. Pour in pale dry ginger ale to fill glass being careful to pour directly on top of cube so that the ale will not mix with the Grenadine. Very striking layered drink. Stir just before drinking.

SEE Chapter on Decorated Ice Cubes.

### *Sauces for Ice Cream, Sponge Cake, Etc.*

FAVORITE sauces, stored in covered jars in your refrigerator will glorify plain ice cream, custards, rice pudding, blanc mange, sponge cake, etc.

*Buttercrunch Sauce:* Boil until thick  $2\frac{1}{2}$  cups brown sugar,  $1\frac{1}{3}$  cups corn or maple syrup and 8 tablespoons butter. Cool. Add  $1\frac{1}{3}$  cups evaporated milk (or rich milk) gradually. (20 servings.)

*Amber Topping:* 1 cup apricot pulp and  $\frac{1}{3}$  cup sugar cooked until thick, then add 1 teaspoon lemon juice. (6 servings.)

*Bittersweet Sauce:* Heat to boiling point in double boiler  $\frac{3}{4}$  cup sugar,  $\frac{1}{4}$  cup cocoa,  $\frac{1}{4}$  cup grated chocolate,  $\frac{1}{3}$  cup milk and  $\frac{1}{8}$  teaspoon salt. Stir vigorously. Let boil 3 to 4 minutes. Remove; add 4 tablespoons butter; beat well. Cool; add  $\frac{1}{2}$  teaspoon vanilla. (6 servings.) Delicious with mint ice cream.

*Black Bottom Sauce:* Melt 9 squares bitter chocolate in double boiler; slowly add  $\frac{3}{4}$  cup water. Beat until smooth. Add 3 cups sugar and  $1\frac{1}{2}$  cups corn syrup. Boil until it forms very soft ball. Remove. Add 3 cups evaporated milk (or very rich milk) and 1 tablespoon vanilla. (50 servings.)

*Nut-Rai Sauce:* Cook 1 cup chopped seeded raisins,  $1\frac{1}{2}$  cups water,  $\frac{1}{4}$  cup sugar and  $\frac{1}{4}$  teaspoon grated lemon peel, for 15 minutes over low flame. Add  $\frac{1}{2}$  cup chopped pecans or walnuts. (Serves 10.)

*Maple Nut Sauce:* Boil to soft ball stage, 1 cup melted butter, 2 cups water,  $1\frac{1}{2}$  cups corn syrup and  $1\frac{1}{2}$  quarts granulated sugar. Remove. Add 2 cups rich milk (or evaporated milk) gradually. Cool; add 2 tablespoons maple flavoring and 4 cups crushed nuts. (50 servings.)

*Mint-Mar Topping:* Melt  $\frac{1}{4}$  pound marshmallows in double boiler. Dissolve 1 cup powdered sugar in  $\frac{1}{4}$  cup boiling water. Combine mixtures slowly. Beat vigorously. Cool, add mint flavoring to taste.

